



Broadmead

VOICE OF THE RESIDENTS

Vol. II, No. 12

COCKEYSVILLE, MD.

September 1981

RESIDENTS, FRIENDS AND "FUTURES" INVITED AS GUESTS OF TRUSTEES' ANNUAL MEETING

All Residents, future Residents, and friends of Broadmead are invited to the sixth annual meeting of the Board of Trustees of the Friends Lifetime Care Center of Baltimore, Inc. (the corporation that operates as Broadmead) to be held Monday, September 21, beginning at 7:30 p. m., in the Broadmead Auditorium.

There will be a short business meeting which will include the election of officers for the new corporate year, followed by an address by Dr. D. Elton Trueblood. Title of the address is "Equinox."

Dr. Trueblood is world renowned as an educator, theologian and author. He is widely quoted. Dr. Trueblood is a retired professor of Earlham College, a Quaker college of Richmond, Ind., and now holds the rank of professor-at-large. He is the father of D. Martin Trueblood, executive director of Broadmead.

Following the formal program there will be a fellowship hour.

NEW CHAIRPERSONS OF PROGRAMS

The many-faceted programs and activities, under the umbrella and sponsorship of the Broadmead Residents Ass'n, will be led by men and women who have already proven their interest and skill on the Broadmead campus. The 28 chairpersons of formal programs and 13 "coordinators" of activities appear on Page 3, listed in a manner to post for convenient reference.

SEEDS SOWN FOR ESTABLISHING DEVELOPMENT FUND TO UNDERGIRD FUTURE OF BROADMEAD

In order to undergird Broadmead and the welfare of its Residents, in the years ahead, a handful of Broadmeaders met last month to discuss the possibility and feasibility of organizing a Development Fund program here.

This not-so-dormant idea has been verbalized, from time to time, both by the rank and file of the community and by the top levels of both the Administration and the Residents Ass'n. The meeting on Aug. 5 was apparently the first organized thrust in converting idea to reality. The term "inflation," in one combination or another, was heard frequently.

To help in the thinking, the convenor, Alfred Mathias, invited Robert H. Parker, director of development of the Asbury Methodist Home, Gaithersburg, Md., to meet with the group and to share his experiences as the principal money-raiser at Asbury.

Dr. Parker, for 14 years minister at the Northwood-Appold Methodist Church in Baltimore City, was most resourceful, enlightening and sharing. He reminded those present, however, that Asbury has been in existence 50 years, and that it is a much larger enterprise than Broadmead.

It was impressive, nevertheless, that Asbury has an endowment of \$10 million raised largely through deferred giving (wills) and that every year it conducts two minor fund-raising efforts, earmarked to support and help the health programs of Asbury. Annually, also, a Christmas fund is raised for the benefit of employees.

Endowment funds come to Asbury, not only through its own several approaches. Some come voluntarily, from its Residents.

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and friends who want to insure that its lifetime care program continues in future generations, just as it has served the present and the past. --GJF.

WEDNESDAYS

Unless otherwise indicated, programs listed below are sponsored by the Broadmead Program Committee. The place is the Auditorium, and the time is 2:00 p.m., unless otherwise noted.

- Sept. 2 - "Our American Heritage"- Slide talk illustrated with postage stamps, by Audrey Schaffer.
- Sept. 9.- "Pain Management and Comfort Care," Josefine Magno, M. D. director, National Hospice Ass'n: 7:30 p.m., auspices of Health Maintenance Lecture and Discussion Group.
- Sept. 16 - Slides of Japan, presented by Dick and Katherine Dow.
- Sept. 23 - "Chronic Constipation and its Management," Ibrahim Razzak, M. D., Greater Baltimore Medical Center, speaker, 7:30 p.m., auspices Health Maintenance Lecture and Discussion Group.
- Sept. 30 - Lecture/demonstration of Oil Painting, by Wasyl Palijczuk, professor of art, Western Maryland College.
- Oct. 14 - "Oral History Programs in Maryland" by Betty Key of the Maryland Historical Society.

Note: As a result of the questionnaire, the Wednesday afternoon programs will usually be held on alternate Wednesdays.

TRANSPORTATION DATA NEEDED

The season's bus schedule to performances is being planned for Residents who wish transportation. Please get written information on dates of your subscription tickets to Claire Walker A-13 as soon as possible, so the Transportation Committee can confirm availability of busses. Dot Graham has Center Stage list.

MOVIES

Tuesdays 7:30 p.m. Place: Auditorium

- Sept. 1 - Adams Chronicles Part 9 John Quincy Adams, President, (1825-29)
- Sept. 8 - The Search for Ulysses
A CBS Mediterranean Documentary
- Sept. 15 - ELIZABETH R (Part 1) "Lion's Club" starring Glenda Jackson
- Sept. 22 - "The Sense of Wonder"
An ABC Documentary on Rachel Carson's book.
- Sept. 29 - ELIZABETH R (part 2) "Marriage Game"

MOVIES IN HALLOWELL HALL

Mondays: 7:15 p.m. Place: East Lounge

- Sept. 7 - Cicero, the Queen's Drum Horse
- Sept. 14 - Cities - George Plimpton's New York.
- Sept. 28 - Amish, People of Preservation
- Oct. 5 - Silver Blaze
- Oct. 12 - Crete and Mycenae

CUNNINGHAM'S CORNUCOPIA CITED

Cornell's expertise in agriculture has been transplanted to Cluster D via the garden of Lowell Cunningham, according to his neighbors. So far this season Residents have been the beneficiaries of new potatoes, green beans, sweet corn, and ripe tomatoes.

In addition to gustatory delight there is the aesthetic pleasure of watching the growth and development of a well-tended garden.

INTERESTED IN ARTS, CRAFTS?

An "arts and Crafts Show" is planned for Broadmead sometime in the not-too-distant future. If you are interested, you are invited to sign up on a sheet posted on the Center Building bulletin board.

Those Who Work to Give Voice to Residents

8 STANDING COMMITTEES AND THEIR CHAIRMEN NAMED BY RESIDENT ASS'N FOR 1981-82

Twenty-eight standing committees and their chairmen will help George Conner, president of the Residents Ass'n, and other officers, to keep Broadmead buzzing and serviceable during the new program year, September 1981 through August 1982.

Of the 28, seven are sub-committees which function under an umbrella, as in the case of the Program Committee, which shelters several major programs each with its own chairman.

In addition to the "standing" committees, there are 13 "activities groups" which reflect other interests of Residents. Of these latter groups, President Conner writes in his announcement:

"Residents are encouraged to organize groups to pursue informally any special interests or activities. Any individual or group of individuals with a common interest may do this. Often this is done by an individual who serves as convenor, by posting a notice on the Bulletin Board, inviting interested Residents to sign up and meet with the convenor at a specified time and place."

The standing committees and their chairmen are:

Assistance Fund (endowment) Alfred Mathias
Budget and Finance.....Malvern Gross
Buildings and Grounds.....Franc Beck
Communications (Internal) Margaret Stevenson
Country Store.....Samuel Silberstein
Decorating & Flowers..Mary Louise Hibline
Food Service:

(Holly House and Center)..Nita Hawkins
Emergency Telephone Group....Esther Mahan
Greenhouse.....Seeber Bodine
Health Services.....Alice Tobler
Health Care Volunteers.....Martha Gross
Hospitality.....Helen Gibson
Housekeeping.....Eleanor Matthews
Library.....Faber Stevenson
Transportation.....Billie Tyson

Trips....Charlotte Singewald

Local.....Claire Walker

Voice of the Residents...G. James Fleming
Barn Sale.....Kathaleen Kennedy

Advisory.....Second Vice-President

Programs.....Charles Baldwin

1. Audio-Visual: Robert Martin

2. Goucher programs: Anne Niles

3. Movies: Rowe Hinsey

4. Music: Elizabeth Muller

5. Wednesday Series: Dorothy Graham

Auditing..Theodore Baker and Max Hitchman

Nominating.....Henry Niles

Energy.....William Russell

The 13 "activities" groups, earlier referred to, and now in existence, and their convenors or coordinators, are:

Arts, Crafts, & Hobby Show..Samuel Hoover

Art and Painting.....William Russell

Birds and Nature Study.....Nancy Rowe

Bridge.....Haines Felter

Discussion

Bible Study: Guthrie Speers

General Topics: Kenneth Walker and
Jean Moser

Knitting and Crocheting....Mildred Davis

Needlework & Weaving..Margaret Bouchelle

Photography.....Leland Graham

Recreation.....Lowell Cunningham

Rose Garden.....George Conner

Woodwork.....Franc Beck

Yoga.....Anne Niles

DEADLINE FOR NEXT ISSUE SEPT. 14

MEALS ON WHEELS HERE

September 1 is the target date for a joint effort between Broadmead and Meals on Wheels of Central Maryland, Inc. which will serve needy residents of Northern Baltimore County. Food will be prepared in the Broadmead Kitchen and delivered by Broadmead resident volunteers, with the assistance of volunteer drivers from the community. One hot meal and one cold meal will be delivered five days a week by Broadmead volunteers who will also assess the general condition of the client. Hazel Fleming is coordinating the effort for Broadmead.

Broadmead Residents Association

TREASURER'S STATEMENT JULY 31, 1981

	<u>Received</u>	<u>Disbursed</u>	<u>Balance</u>
1980 Barn Sale			\$ 982
1981 Barn Sale			3,222
1981 Vacation Fund	\$17,463	\$17,005	458
Activities	4,655	3,049	1,606
1980 Christmas Fund	18,836	16,675	2,161
Country Store			1,000
Accrued Interest			327
Miscellaneous	<u>707</u>	<u>536</u>	<u>171</u>
Cash Balance			\$9,927

ACTIVITY EXPENDITURES July 1, 1980 - June 30, 1981

<u>Activity</u>	<u>Received</u>	<u>Expended</u>
Wednesday Programs	\$ 500	\$ 342
Movies	1,000	999
Music	300	278
Library	150	115
Rose Garden	200	200
Discussion Group	150	115
Bulletin Board	75	18
Recreation	100	97
Hospitality	300	0
Birds	35	19
Voice of the Residents	500	445
Residents Association	300	223
Total	<u>\$ 3,610</u>	<u>\$2,851</u>
Retained by Committees		198
Total		<u>\$3,049</u>

TREASURER'S NOTE: As promised, two reports are presented above. Their titles and contents are self-explanatory. In addition, it can be announced that "the success of the Barn Sale will give us enough funds for activities so that we shall not have to ask the Residents for contributions for activities this fiscal year."

NEWS ITEMS, SHORT TYPED OR WRITTEN LEGIBLY, AND DOUBLE SPACED,
STAND BEST CHANCE OF GETTING IN THE VOICE

Bliss Forbush --a Modern Day 'Beloved Quaker'

HEADMASTER OF FRIENDS SCHOOL KNOWN ALSO FOR HIS CONTRIBUTIONS ON OTHER FRONTS

"Bliss and Laverne are coming." This was a welcome message in our growing-up years. In Bliss's early activity in Baltimore as Secretary of Baltimore Yearly Meeting of Friends, he travelled to outlying Meetings, bringing friendship and inspiration. We know him now as a beloved Resident of Broadmead, and as father-in-law of our new chairman of the board, Mrs. Bliss Forbush, Jr.

More than 80 years ago Bliss was born in Yarmouth, Nova Scotia, to parents who were citizens of the United States. He earned his A.B. and M.A. degrees from the University of Chicago and later studied at Oberlin College and the Johns Hopkins University. He has been awarded Doctor of Law degrees by Morgan State College (now University) and Swarthmore College.

It was at Oberlin College that he met Laverne Hill and 66 years ago they were married. Bliss said, "We have seven children, fourteen grandchildren and thirteen great-grandchildren. We always did everything together and the houses in which we lived were filled with our children, their friends and visiting Quakers from many parts of the world. The children did everything normal children did, and even landed in the hospital for minor and major treatment. The family produced a number of teachers, college professors, nurses, social workers, administrators, and some top lacrosse players."

For a few years Bliss was a farmer. After this stint, he had three separate and important careers before he retired in 1974. Beside being Secretary of Baltimore Yearly Meeting, he was Headmaster of Friends School for 19 years (in addition to 17 years as a teacher there), and Chairman of the Board of Sheppard and Enoch Pratt Hospital for 10 years.

During these years he was also on the executive board of the World Council of Churches for 10 years, and was seated as a representative at the first Assembly of the World Council of Churches at Amsterdam in 1948. As an authority on the Bible,

he conducted classes for the Baltimore School of Christian Education. Numerous times one still hears, "I took wonderful courses on the Bible led by Bliss Forbush."

We learned many things from speaking to Bliss recently: "As a relaxation from administration work I wrote eleven books, mostly history and biography. Also over 200 articles were published, two of which appeared in Best Sermons in America, 1948 and 1950. Laverne revised everything I wrote including five revisions of a book published by Columbia University Press.

"There were three very interesting appointments. I was pleased to be appointed by Maryland governors to the Commission on Higher Education, not so pleased to serve on the Commission on the Maximum Security Prison at Patuxent, but very gratified to be on the Board of Trustees of Morgan State College for 20 years, during a period of great physical expansion and educational development.

"During our ten years' connection with the Sheppard and Enoch Pratt Hospital for the mentally disturbed, we lived on the grounds where we learned to know all types of people, maintenance men, cooks, nurses, doctors and psychiatrists. Laverne poured tea for the patients and entertained nurses. In the end I was officially named a member of the Medical Staff."

What others say about Bliss Forbush is universally good.

"You know," said Murtha Felter, "Bliss improved everything he went into. He is
Continued on next page

CHRISTMAS POETRY WANTED

Broadmeaders, herewith, are especially invited to write and submit poems for the December issue of the Voice. This time the emphasis is on original works dedicated to the spirit of the Christmas Season. Short poems are preferred, but no "great" outpouring will be turned down, if it is really a work of art. Deadline for Christmastide poetry is Nov. 10.

TRASH RECEPTACLES INSTALLED

They can't "do their thing" without your help--the help of everyone at Broadmead, "they" meaning the attractive trash receptacles now installed at several points in the community. Trash cans (or receptacles) can't pick up bits of paper, or cardboard boxes, or beer cans. The items must be picked up and placed in each receptacle. Most litter comes from vendors and others passing through the community--but it is up to Broadmeaders to keep our surroundings beautiful.

BLISS FORBUSH--"BELOVED QUAKER"

Continued from page 5

looked up to by everyone who knows him. Have you heard him tell stories?" As he was director of conferences at Camp Kee-wadin for 20 years, he used this gift.

His personality is such that as administrator at Friends School he drew the love of his staff. As Billie Tyson ways, "If Bliss told us of a job that needed to be done, it got done without further discussion." In his gentle, quiet goodness everyone who has had occasion to have more than a passing acquaintance with Bliss loves him as an individual and thinks of him as his best friend.

Bliss Forbush is in the front rank of contemporary Quakers highly respected, loved, and trusted, not only within Quaker circles, but wherever else he has set his feet, or wherever his books have been read, or wherever his former students have gone, all over the world.

Bliss told us: "While waiting for the planning and building of Broadmead, we lived at a retirement center at Maryville, Tenn. We were delighted to come here and find Quakers from many states, old and new friends, teachers and former patrons of Baltimore's Friends School and of Sheppard and Enoch Pratt Hospital.

--Margaret Bouchelle

DEADLINE FOR NEXT ISSUE, SEPT. 14.

RELIGIOUS GROUPS WILL RESUME THEIR VARIED PROGRAMS HERE THIS MONTH

The Bible Study and other religious programs will resume their meetings this month. The Rev. Anthony W. L. Hollis, rector, Sherwood Episcopal Church, will conduct a communion service on Thursday, Sept., 1, beginning at 11 o'clock, in Taylor East Lounge. All interested Broadmeaders are invited. These communion rites will continue on the first Thursday of each month.

The Rev. T. Guthrie Speers's Bible class will begin the new year on Thursday, Oct. 1, at 11 a.m., in the Auditorium. The new term will deal with the Book of Acts.

The Sherwood Episcopal Church also calls attention to two other church-related programs. On Sept. 18, its annual auction will be held, beginning at 7 p.m. On Friday, Oct. 23, the church will celebrate its 150th anniversary as a parish, at Oregon Ridge.

HIGH HOLY DAYS

Rosh Hoshanah, Sept. 29, begins the year 5742 in the Jewish calendar, followed by ten days of penitence and Yom Kippur, Oct. 5, the Day of Atone-ment. SHALOM!

COUNTY MORE COSMOPOLITAN

Baltimore County has become more cosmopolitan and multi-racial, according to the 1980 census. While the County population has increased a total of 5.7 per cent since 1970 (by about 35,000), non-whites have increased 196.3 per cent. In 1970 non-whites totaled 22,050; currently, 65,332. Persons of Asiatic background comprise 13 per cent of the non-white population, or 8,524 persons.

ALMANAC FOR SEPTEMBER

These golden days are alchemists
For crowns beyond all sums;
With sapphires, rubies, amethysts
Of asters set in 'mums.

--Rowe Hinsey

LETTERS

Dear Voice:

Thank you for your well-produced and interesting publication. As prospective Residents for some time in the future, we enjoy it . . . and often share our copy with interested persons.

Mrs. Norman (Ann) Jackson
Washington, D. C.

Dear Voice:

I just want to say it has been a real joy working with you. Even though I am leaving, the memory of Broadmead will always be with me because this has been a happy and joyful experience for me. I will miss you all. Best of luck, and God Bless you.

Carol Gutherlet
Health Care Dining Room

Dear Voice:

I do want to thank friends at Broadmead for all the lovely cards and flowers that they have sent me. They have meant more to me than I can possibly put in words. There were so many cards that it would take a long time to get around to saying thanks individually and I want my fellow-Broadmeaders to know now how much I appreciate them.

Augusta Thruston

Dear Voice:

Thanks to our Residents who responded to our call for financial help in maintaining a Rose Garden Fund. It is necessary to replace the 15 "First Prize" bushes in one of the inner quadrants with 15 "Swarthmores." The First Prize bushes did not winter well, while all of the 10 Swarthmores scattered throughout the outer quadrants, not only survived but produced beautifully-shaped blooms and proved more prolific.

This change will not take place until next spring, but the bushes will be ordered before the end of this year. Fertilizers and various sprays are continually being used. Again thanks.

--Leo Bridge, Pete Butler, George Conner

FAIRHAVEN RETURN VISIT

A busload of residents from Fair Haven, the lifetime care community in Carroll County, will be guests of the Residents of Broadmead, on Wednesday, Nov. 4, it has been made known by Charlotte Singewald, of the Travel Committee and conductor of the recent trip to Fairhaven, when 48 Broadmeaders were guests of the Fairhaven Residents. A call for volunteers to help in showing the guests around will be made before long.

OUR "BUCK DARNEY RETIRES

Charles O. Darney, Jr., known as "Buck" to all his friends at Broadmead, retired on Friday, July 31. He had come to work as a duty man on September 19, 1979, when the first Residents were moving in. Buck's smile and general helpfulness did much to offset the ubiquity of the mud for many of us "early settlers". But all of the Cluster Residents over the past two years have been greeted by his cheery "Good morning" as he whizzed past on the cart. And many of us have welcomed his prompt and helpful response to emergencies. We shall miss him!

Buck was born in Baltimore and was an electrician for 43 years before coming to Broadmead. He had his own business for 25 years.

He and his wife live in a house they built themselves on eight acres on Falls Road just north of Padonia. His five children, scattered from Alaska to Mississippi to New Jersey, gathered over the retirement weekend to celebrate their father's retirement.

On behalf of all the Residents of Broadmead, the Voice wishes you Godspeed, Buck, and a happy retirement. --D. G.

NEW AGE STUDY GROUP RESUMED

The New Age fall series of eight weekly meetings to read the Bhagavad Gita will begin Monday, Sept. 21, at 2:30 in the Seminar Room. All are welcome. For more information call Claire Walker, 628-7435.

MUSIC COMMITTEE LISTS OPENING ARTISTS FOR NEW (1981-82) PROGRAM YEAR

Many Residents having expressed their preference for piano recitals the Music Committee has been fortunate to book several distinguished performers for 1981-82.

Coming on Thursday September 10 at 7:30 p.m. is Stuart Daniels, a young pianist noted for his classical interpretations and original arrangements.

Later in the month, Saturday evening, September 26, Noel Lester, pianist, and his violinist wife, Roseanne, will present a program. Recently he participated with Virginia Reineke in a two-piano recital at Loyola College, to enthusiastic acclaim. He is booked for a concert at Carnegie Hall. The Lesters were recruited by Mat and Grace Purvis.

October 22, Thursday evening, at 7:30, marks the return of Yong Hi Moon who gave us a sensational concert last May. This time with her husband, The Korean couple will play four-handed piano duets.

An unusual experience is anticipated on Wednesday, November 11 at 2 p.m. when Sister Theresine, of Notre Dame, lectures on American Indian Music, illustrating it

HOSPICE MOVEMENT LEADER HERE

Dr. Josefina Magno, director of the National Hospice Ass'n, will be the first speaker in a series of health maintenance lecture and discussion meetings, planned by Broadmead Residents, the medical staff and others of the community, under the auspices of the Residents Ass'n Health Care Committee, of which Mildred Beck is coordinator.

Dr. Magno will speak on the current philosophy, practices and medications that are currently used in alleviating pain and anxiety "when people do not wish heroic measures and when there is no reasonable hope for a cure." Date: Wednesday, Sept. 9, beginning at 7:30 p.m., in the Auditorium.

According to the sponsoring committee, "she will also discuss the singular importance of compassionate human fellowship in enhancing the comfort and serenity of the seriously ill."

with records and a chorus singing original Indian songs.

During the summer the music did not take a vacation at Broadmead.

On July 22, taking advantage of a nephews visit to Virginia Pearce, a spontaneously gathered large audience heard Joel Brown, professor of music at Iowa Wesleyan University. Appreciative comments rippled around the community for sometime afterward. By coincidence, some 20 Residents were off to Oregon Ridge to enjoy "The Sound of Music" by the Baltimore Actors' Theatre.

Another friend of Broadmead, through, Dave McIntyre and Keith Martin, is Robert Bryant, who has played here informally as their guest. On Thursday, August 13 he gave a well-rounded concert. (Earlier story on Page 11)

DISCUSSION GROUP RESUMES

Dr. C. Stephen Baldwin, population expert with the UN, will speak on "Dimensions of World Population Problems" when the Discussion Group begins its 1981-82 series on Sept. 15, at 9:30 a.m., in the Lower Lounge. On Sept. 29, Mrs. Caroline Cochran, member of the Broadmead board and long a leader in the planned parenthood movement, will speak on "Population and Education." The overall theme of the Fall-Winter session is "This Crowded World."

FIRESIDE CHATS HAVE ANSWERS

The Fireside Chats, every other Tuesday, arranged by the Broadmead administration, are still drawing large audiences; very often "Standing Room Only." All kinds of questions are raised and answers given or problems resolved. At one recent meeting, stray dogs and what is being done about them, visiting children and the lily pond, weeding and fertilization, walks in the woods, and the placement of trash cans were aired.

UNITED WAY TV SPECIAL

Friday, Sept. 11, is the date for a TV spectacular which will launch the 1981 campaign of the United Way of Central Maryland. All local TV stations will carry it beginning at 7:30 p.m. The favorites of each station will be plugging for this community effort.

"Prescribing for Elderly" Evolves into Book

DR. PETER P. LAMY, BROADMEAD SPEAKER, GIVES ANSWERS TO MANY QUESTIONS

Residents who have had the opportunity to hear Dr. Peter P. Lamy speak at Broadmead, on the safe and effective use of drugs commonly prescribed for older people, will be pleased to know that we now have a copy of his book, PRESCRIBING FOR THE ELDERLY, in the reference section of the Broadmead library (Publisher: PSG Publishing Co., Littleton, Mass. 696 pp.)

This excellent volume draws upon Dr. Lamy's extensive experience in the dual fields of pharmacology and gerontology as well as on his roles as professor-administrator-consultant at Maryland University's School of Pharmacology.

Written primarily for pharmacists, physicians and allied health professionals, the book is nonetheless couched in language readable by interested laymen. However, it presupposes that non-medical readers understand that no book of this kind, however sound it may be, can or should be used for self-diagnosis or self-treatment. Nevertheless, it can enrich readers' informed grasp of the existing drugs used for disorders frequently found among the elderly.

In the face of the tremendous and continuing acceleration of knowledge and technological advances in medicine and pharmacology, all categories of hard-pressed medical personnel who deal with the elderly need to be aware of how to slow down degenerative changes where this is now possible. They must know, too, how to check, if not reverse, existing infirmities, because, in the absence of such knowledge, correctible problems may remain undetected or untreated or inaccurately dismissed as "normal" concomitants of aging. Dr. Lamy's book contains many illuminating examples in which a differential diagnosis to-

gether with appropriate medications successfully halted debilitating physiological processes. Lamy also stresses that, unless patients' age, genetic, biologic, environmental and personality factors, are taken into account by therapists, patients may be diagnosed and treated incorrectly.

The reason underlying this is that "... the elderly may lack sufficient reserve capacity (which) may change the absorption, metabolism, distribution and excretion of a drug and thus the magnitude of response." (pp 152-153.)

Patients who take responsibility for keeping their therapists informed about their subjective responses to prescribed medications are, as a consequence, likely to influence favorably the choice, amount and frequency of medications ordered for them. This suggestion takes on added importance because "a comprehensive body of knowledge on drugs and aging is still nonexistent." Lamy points out that, too often, therapists are obliged to rely on non-specific guidelines furnished by the pharmaceutical industry.

Some of the 28 chapters deal with such general topics as theories of aging, and whether the aging process can be "decelerated" (Neither snake oil, yogurt or other highly touted nostrum works any more effectively than did the Fountain of Youth! However, pending the completion of some promising on-going research, a balanced diet and regular age-appropriate exercise are the best bets).

The majority of the chapters deal with such discrete disorders as, among others, cardiovascular disease, mood disorders, diabetes, ophthalmological problems, skin changes and the body's nutritional/vitamin requirements. All together, a very useful book!

Mildred Beck

BLUEBIRDS RECEIVE TENDER, LOVING CARE AFTER FIERCE WINDS AND RAIN

On the evening of June 25, the rains came and the winds blew and beat upon the bluebird house in unrelenting ferocity. Inside were four babies, only three days old, protected by the sheltering body and spreading wings of their mother. Their father was probably not far away, huddling on a low limb of a leafy tree on the lea side of the trunk.

All seemed well until the old black oak, where the barred owls had nested; cracked and began to split at mid-point. It toppled toward the nest box; its leafy crown and huge dead snag sure to crush anything unlucky enough to be in the line of fall.

Although the birds could not see the predicament they were in, they must have heard the thunderous crash, the shuddering of many branchlets, and the trembling of a thousand leaves as the great tree crushed the old entrance road fence and settled on the ground.

As calm returned investigation revealed that the bluebird house had been spared--by only four feet! Its occupants were safe and dry, and the father was seen next day sharing in parental duties.

Fourteen days later two nestlings became fledglings, the other two following suit a day later; and once again a male bluebird is singing!

To Martin Trueblood and Howard Ketler go appreciation for their understanding and forbearance which resulted in leaving the fallen tree alone until the young had fledged. To those who thought Maintenance was dragging its feet about cleaning up the debris, please know it was for a good cause: bluebirds need all the help we can give them; They are responding, as has been demonstrated by the increase in their decimated populations wherever people have provided nest boxes and have protected them from starling and house sparrow usurpation and from predators.

--Nancy Rowe

PLEASE USE THE TRASH RECEPTACLES

YOU DON'T HAVE TO GO ON BIRDWALKS TO SEE BIRDS! IF YOU'RE LUCKY

Someone has lost a jewel. The other day, while Rod and I were watching birds feed on our patio, a flash of bright yellow, green, and black arrived--a yellow-headed parakeet! Its back, yellow with black stripes; under-part, from yellow head to blue tail (yes, a 3-inch bright blue tail) was green.

It was a tropical bird escaped from someone's cage, but seemed very much at home with the house sparrows, finches, etc., which latter showed no reaction whatsoever to the exotic stranger. We were so excited, and I was surprised at their complete indifference.

We also had another new visitor which Nancy Rowe, nature columnist of the Voice, identified as a melanistic cowbird, which means the usual gray female, but with black streaks on its sides, as though it had gotten in the way of someone's paint brush.

I've never had the opportunity to see so many kinds of birds, so close, at once --until I came to Broadmead; 20 or 30 sometimes. Of course, the patio looks a mess, serving as an avian buffet, but what enjoyment it brings.

The other day I saw a mourning dove blink its eyes. Of course, I saw only one eye. Maybe it was winking at me. What fun!

--Kitty Berean

FLOWER SHOW AT CATHEDRAL VILLAGE

Forty-five residents of Cathedral Village, lifetime care community of Philadelphia, entered nearly 100 examples of the cut flowers they had grown this year in their flower show, according to the reports of two Broadmeaders who happened to be visiting there at the time. (They asked not to use their names.)

There was a wide variety of flowers, from the well-known to the exotic. There was even one orchid. The show was colorful and inspiring, and, say the visiting Broadmeaders, perhaps the Broadmead Flowers Committee can sponsor a similar flower show here next year.

FRESH FRUITS AND VEGETABLES MAY NOW BE PURCHASED FROM VISITING VENDOR

Have you patronized our fruit and vegetable truck? Mr. Fava carries a fine selection of fresh produce which he procures each morning (3 A.M.!) at the G. Fava Fruit Company in Jessup. He carries all the in-season staples in fruits and vegetables. He brings fresh eggs, sweet corn, watermelons, cantalopes, honeydew melons, fresh pineapple, beautiful blueberries, strawberries and bananas, oranges, apples, and on and on. Prices are competitive (on several occasions bananas were cheaper than they were at the A & P) but will vary from week to week depending on the fluctuation of prices at the wholesaler.

From a start of selling fruits and vegetables from a horse-drawn wagon more than 60 years ago, James Fava's grandfather established his wholesale business at Pratt and Light streets. Eventually it was moved to Jessup, Maryland. James Fava's father, Jim, now deceased, was a vice-president of the company. Of the four surviving sons of the second generation, Andrew is now president and John a vice-president. The Savoia-Fava Italian Restaurant at 220 Park Avenue was also owned by the Fruit Company and was run by sons Vincent and Rosario. Both have just retired, and the Savoia, after 50 years, went out of business on June 25.

James Fava is anxious to develop a good clientele at Broadmead. He has a contract with Broadmead and pays a nominal rental for the privilege of service to our Residents. He is very hopeful that he will soon have enough customers to make his operation successful. So that staff members can also purchase from him, his hours have been changed to 12:30 to 2:30. Every Tuesday you will find him between these hours at the fire lane crossing between R and J clusters. In case of rain he will be there under cover. He suggests that, because he carries ample supplies, Residents stagger their visits over the two hours period to avoid a long line when he first ar-

rives. For those Residents who find walking and carrying difficult, Mr. Fava will provide the additional service of delivering produce after his regular hours are over, providing he receives a message from anyone who cannot come in person.

Other facilities where Mr. Fava "sets up shop" include Stella Maris, The Penthouse, Hampton House, the Ridgely and Tabco - all in Towson. He expects soon to add Virginia Towers to his itinerary.

Martha Gross

MUSIC COMMITTEE REVIEWS NEARLY TWO YEARS MARKED BY VARIETY, QUALITY

Almost from the beginning music has played an important part at Broadmead. It started with a group of Residents who practiced carols with Anne Niles and sang during the 1979 Christmas season.

On Jan. 9, 1980 there was formed a committee with Margery Hall and Ellen Clapp as co-coordinators. Under the chairmanship of Margery the committee has interested a number of outside musicians to perform at Broadmead. The Program Committee asked that we provide a program for one Wednesday afternoon a month. However, we found ourselves arranging programs for other times, such as Saturday evening or Sunday afternoon.

One of the earliest programs was given by two Residents, Rowe Hinsey and Matthew Purvis. Rowe Hinsey charmed us with his violin playing and comments on his numbers, and was ably accompanied by Matthew Purvis on the Knabe. Another early program was arranged by Jo McKee Travers of the Baltimore Music Club. These singers found the Lounge so acoustically ideal that from then on most of the musicals have been held there.

The Committee has presented a variety of musical programs, enough to satisfy everyone's taste. Through Jim Fleming's efforts the band and chorus from Cockeysville Elementary

Continued on next page

HERE ARE A FEW HINTS TO MAKE
A LOVELY GREENHOUSE WINDOW

My friend asked what was done to result in a successful and attractive Greenhouse window filled with growing plants. "And yours faces south, just as mine does," she said.

I answered, "Oh, but ours was not successful, or attractive, at first." From our old home came a bromeliad, bronze-leaved begonia in bloom, a feathery fern, philodendron vines, shamrock, and a jade plant.

Soon, I was convinced that some of the plants could not stand the hot sun for much of the day. Yes, the shamrock drooped and looked burned until it was put inside the slatted blind on the window sill. African violets and fern were put on a table inside the north Patio door. They settled down at once in peace and contentment, growing and blooming. The vines stayed on the shelves, to complete the picture. When a leaf became too badly burned, it was picked off. Eventually they seem to have accepted the conditions and seldom object.

As to watering routine, every third day all but African violets were soaked until it came out onto the saucer. In a gloomy period, they would be watered every fourth day. African violets were watered thoroughly when the surface felt dry to the touch.

In the fall, if a plant had become very large and crowded, pots of clay or plastic with drainage holes in the bottom were used. Potting soil can be purchased at a super-market or a garden shop. About once a month African violets are fed feed for African violets. The rest are fed Plantabs as directed. To keep begonias in bloom, do not feed in winter. In summer let them rest in the garden.

It is evident that I am casual about the plants. As with the children I used to teach, I set them in the right direction, then leave them alone,

unless it is evident that a change must be made.

We have been well rewarded. The begonias, plus three beautiful pink geraniums, bloomed steadily last summer and all winter. They have now been put outdoors where they are still blooming, but I hope they will soon enjoy a happy vacation.

Margaret T. Bouchelle

MUSIC COMMITTEE KEEPS BUSY

- Continued

School twice delighted us with their music. Eleanor Downs and Jim Willan selected and had typed a collection of songs to form a song book. Eleanor conducted and Jim accompanied these at the Sing-a-longs held on a number of Monday evenings. These have been much appreciated and enjoyed. In December 1980 Eleanor Downs planned a Christmas program and prepared a group of singers to participate.

Another service provided by several members of the Committee and coordinated by Hazel Fleming has been the playing of classical recordings on Friday afternoons in the Lounge. Many times Iva Link has played the piano for informal evenings of Residents singing. Time and again Matthew Purvis has painstakingly tuned the Knabe to prepare for a musicale. Ruth Hall brought pleasure to Residents of Taylor and Hallowell Halls with her Sing-a-long.

Thanks are due to these and other members of the Committee, and especially to Margery Hall who has spent many hours making arrangements with various musicians, struggling to keep within our budget. The Committee is looking forward to another exciting year under its new chairman, Elizabeth Muller.

Eleanor Matthews

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JOINING COOPERATIVE FOR GARDEN AND AUTO SUPPLIES CAN RAISE MONEY FOR "US" ALSO

Many Broadmead Residents who purchase yard and garden supplies of all kinds, as well as automobile fuel, from Southern States, on York Road, Cockeysville, can also earn money for Broadmead, according to Robert J. Mason, medical doctor and Resident.

This co-op, as all co-ops, declares a dividend every year, on earnings as determined by the customers' purchases. Each customer is issued a number and, if his purchases amount to \$300-400, he is issued a dividend check, according to Dr. Mason. He continued:

"Most Broadmead Residents do not expend that amount in a year, however, and thus do not qualify for a personal refund. But, if all the Residents used the Broadmead number when paying for their purchases at Southern States Co-op, then the accumulated sales would enhance the annual dividend check payable to Broadmead. These dividends might then be assigned by the administration to the Residents Assistance Fund."

Robert Mason told the Voice that "This plan has the approval of Southern States and the administration."

SCOTTISH COUNTRY DANCERS A HIT: KILTS, SCARVES AND NIMBLE FEET

Country dancing as done in Scotland came to Broadmead on June 20. An exhibition group of ten members from the Scottish Country Dancers of Maryland and their leader, Freddie Moretti, performed square, contra, and circle dances to the accompaniment of authentic tunes reproduced by recordings. (Instruments for country dancing are fiddles, not bagpipes.)

Men wore kilts, and women wore scarves of various plaids. All worked in soft dancing slippers called "ghillies", which allowed them to skip and glide easily over the carpeting.

Attendees filled the room, leaving just enough space in the center for the dancers. They executed nimbly and precisely the intricate footwork that is characteristic of Scottish dancing.

One of the dances was unique in that it had been created by two members of the

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group for performing at their wedding in honor of the parents of both.

At the end, residents crowded around the dancers to express enjoyment and to urge the group to come again.

MEXICO-BOUND NATIVITY SCENE

An early reminder that the Christmas Season is not too far away was presented in the Center Building last month (Aug. 2) as Esther Mallonee displayed a Nativity collection that she had knitted, from March through July, for her grandchildren in Guadalajara, Mexico.

There were 10 figures: The Holy Family, the Three Wise Men, the two shepherds, one angel, and an ox--all in the respective attire of their time, hair and headgear and wands. The Wise Men, for this rendition, wore crowns. To really appreciate the skill and work required, one would have to see the complete scene.

When Christmas arrives, this nativity scene will be under the Christmas tree in the home of Mrs. Mallonee's daughter, Gee-gee, and her two children, more formally in the home of Mr. and Mrs. Jorge Gutierrez.

Mrs. Gutierrez is now visiting in the states and will take the collection back with her. Incidentally, Esther Mallonee (Mrs. Gardner Mallonee) has 13 grandchildren, but before September has run its course, she expects to have 14.

GOOD SAMARITAN HELPS WITH FLOWERS

Residents were recently happily surprised to see a variety of interesting plants had replaced the tired poinsettias in the planter near the Out-Patient Department. Many thanks are due Richard A. Yates, Jr., who just happened to be seen by a member of the Flower Arranging Committee as he was grooming an unusual plant for his grandmother, Phyllis Almy.

The ensuing conversation revealed "Rich" grew house plants for the wholesale market. Furthermore, he has a second grandmother here, Mary Yates; and, yes, he would be happy to help us with our "problem."

And so he did! On a recent Saturday he not only brought soil and plants, but his capable wife, Marjorie, and a friend. In no time at all the job was finished. What a difference! What generosity! N.H.

HAVE YOU A FAVORITE RECIPE? THE FOOD COMMITTEE ISSUES CALL FOR IT OR THEM

In its continuing efforts to be responsive to the suggestions of Residents, the Food Service Committee invites Broadmeaders to submit their favorite entree recipes, hopefully to make the food services here ever more interesting.

"Choose recipes that do not require elaborate preparation, that will be readily adaptable to large-quantity use, and that will not wreck the budget," is the advice of the Committee through Nita Hawkins, its chairperson. She continues:

"All recipes submitted will be screened by the Food Service Committee, using the above criteria. The ones appropriate to serve in our dining room and coffee shop, or for special functions in Holly House, will be passed on to our Food Service director."

It will be impossible to use all recipes, it has been made known; however, when one is used, it will be marked "Submitted by Resident."

"Please search your files and get your choice ones to us by Nov. 1, 1981, and do be sure that all ingredients are listed along with accurate measurements and clear directions for preparation," are the instructions of the Committee. Then send clearly written or typed recipes to Nita Hawkins--A 4. Perhaps one of these days there will be a Broadmead Cook Book."

NATURE CENTER HIGHLIGHTED

What a nature center is, how it is developed, and how it serves people--all these angles were explained at Broadmead by Robert W. Stanhope, naturalist with the Baltimore County Department of Recreation and Parks.

A closely listening audience, in the Auditorium, on Aug. 5, also saw colorful slides of the area to be developed in Oregon Ridge Park, as well as pictures of other nature centers in different parts of the country.

Because Baltimore County is now an urban county, or soon will be, many children and young adults have never experienced

seeing, much less touching, many of nature's gifts, Stanhope observed. It is to change this situation that nature centers are created--with the outdoors and indoors serving as exhibit halls.

Stanhope came to the county about 18 months ago, from Milton, Mass., where he was engaged in similar work. He was introduced by Malcolm C. Dill, the first Director of Planning for Baltimore County and now a Resident here.

BRIDGE NOT TO BE WIDENED

The bridge leading to Broadmead, from Cockeysville north, will not be widened, as part of the present street improvements, it has been learned. Thus, four lanes of traffic will come expeditiously from Shawan Road, only to find they must slow down and creep into the old-fashioned two lanes.

PLEASE USE TRASH RECEPTACLES

VOICE OF THE RESIDENTS

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